

AMOUNT OF FIBER IN SOME FOODS

Fruits

Raspberries	1 cup	= 6 grams of fiber
Apple	1	= 3 grams
Tangerine	1	= 3 grams
Peach	1	= 1 gram

Vegetables

acorn squash	$\frac{3}{4}$ cup	= 4 grams
Brussels sprouts	$\frac{1}{2}$ cup	= 3 grams
Cabbage	$\frac{1}{2}$ cup	= 2 grams
Carrot	1	= 2 grams
Potato, peeled	1	= 2 grams
Tomato	1	= 2 grams
Asparagus	$\frac{1}{2}$ cup	= 1 gram
Broccoli	$\frac{1}{2}$ cup	= 1 gram
Cauliflower	$\frac{1}{2}$ cup	= 1 gram
Romaine lettuce	1 cup	= 1 gram
Spinach	$\frac{1}{2}$ cup	= 1 gram
Zucchini	1 cup	= 1 gram

Starchy Vegetables

Black-eyed peas	$\frac{1}{2}$ cup	= 4 grams
Lima beans	$\frac{1}{2}$ cup	= 4 grams
Kidney beans	$\frac{1}{2}$ cup	= 3 grams

Grains

Brown rice	1 cup	= 3 grams
Oatmeal	$\frac{2}{3}$ cup	= 3 grams
Whole-wheat cereal	1 cup	= 3 grams
Whole-wheat bread	1 slice	= 2 grams
White rice	1 cup	= 1 gram

Source: JAT Pennington. *Sixteenth Edition of Bowes and Church's Good Values of Portions Commonly Uses*. J.B. Lippincott Publishing Co., Philadelphia, PA. 1994.

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